Aromatherapy for Depression

Aromatherapy can often be effective in dealing with stress, anxiety, depression, and its related disorders

by Kevin Pederson

Aromatherapy is one of the best ways to treat yourself. It is pampering and nurturing and a very satisfying experience. Aromatherapy is effective in dealing with stress, depression, and its related disorders. Depression is an umbrella term encompassing a spectrum of problems and symptoms which could lead to more serious illness. Though aromatherapy cannot fix the root of the problem, it has an uplifting effect on the mind and emotions. It helps to you to relax or be energized, and creates a feeling of well-being. Aromatherapy can help in mild forms of depression by easing mental fatigue and helping with sleep.

Depression related disorders, such as digestive problems, stress, and other mental problems, can be treated by aromatherapy as well. Just the right blend applied in massages, baths, diffusers, and personal perfumes can all be helpful. Of course, in extreme cases of depression additional support and therapy are necessary.

A few commonly used essential oils for depression are basil, bergamot, clary sage, geranium, lavender, lemon, jasmine, neroli, rose, sandalwood, orange, and ylang ylang. Here is a short list of some of their properties.

Bergamot - a happy uplifting oil, bergamot works well against tension, headaches, and anxiety. Use either during massage or in a diffuser.
Clary Sage - treats insomnia, anxiety, and depression.
Geranium - has a powerful effect on depressive moods.

Blends To Help With Depression

The essential oil blends mentioned below can be used for massages, baths, diffusers, and even personal perfumes. Enjoy the uplifting feeling!

<table>
<thead>
<tr>
<th>Blend 1</th>
<th>Blend 2</th>
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</thead>
<tbody>
<tr>
<td>1 drop Lavender</td>
<td>2 drops Frankincense</td>
</tr>
<tr>
<td>1 drop Ylang Ylang</td>
<td>1 drop Lemon</td>
</tr>
<tr>
<td>3 drops Grapefruit</td>
<td>2 drops Jasmine or Neroli</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Blend 3</th>
<th>Blend 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 drops Bergamot</td>
<td>1 drop Rose</td>
</tr>
<tr>
<td>2 drops of Clary Sage</td>
<td>3 drops Sandalwood</td>
</tr>
<tr>
<td></td>
<td>1 drop Orange oil</td>
</tr>
</tbody>
</table>

- **Frankincense** - an analgesic and antidepressant, frankincense is good for nervous tension.
- **Grapefruit** - sweet and refreshing, grapefruit is a good stimulant, excellent for uplifting the mind.
- **Jasmine** - a good antidepressant, jasmine increases the beta waves in the front of the head, which can give you a more alert and responsive state of mind.
- **Lavender** - calming and therapeutic, used for nervous system disorders such as depression, headache, hypertension, insomnia, migraine, nervous tension and stress.
- **Neroli** - A good digestive aid and a gentle sedative that relieves anxiety. Neroli also rejuvenates the skin.
- **Orange & Lemon** - great tonics, they can help in cases of sadness, irritability, lack of energy, and depression.
- **Rose** - an antidepressant and sedative, rose is great for the entire nervous system.
- **Sandalwood** - warming and relaxing, the sedative properties are good for treating anxiety, stress, and depression.
- **Sweet Basil** - used to lift mental and emotional fatigue, and help with nervous exhaustion.
- **Ylang Ylang** - helps to balance and calm emotional trauma. It's a great relaxer for anxiety and insomnia.

*Consult a health professional if you are suffering from serious depression.*

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